The cool part of this bench is how the four pieces in each upright (or trestle) are screwed and glued together to create a perfect hole (called a mortise) for the beam to pass through. As for wood, you'll need one 2×6 and one 2×2 , each 8 ft. long, and either a 10-ft. 2×4 or two 8-footers if that's all you can find. By the way, the parts are called $2\times 2s$, $2\times 4s$, etc., but they are actually 1/2 in. smaller than that in each dimension. You'll also need two boxes of deck screws, one 21/2 in. long and the other 3 in. long.

